

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>		<div>1 Strength Training @ 10 Nutrition Min. @ 11am</div>	<div>2 Stretching &amp; moving exercise Cards, games &amp; puzzles</div>	<div>3 Strength Training @ 10 Word games &amp; trivia @ 11 Canasta @ 12</div>	<div>4 Stretching &amp; moving exercise@10 Canasta @ 12 Food Distribution @ 1</div>	<div>5 Trip/Friday Aug. 11<sup>th</sup> Pontoon Boat Tour &amp; Clarksburg Outlet's 9am – 3:30pm \$30.00</div>
<div>6 Alert Frederick County/sign up for emergency information &amp;weather warnings</div>	<div>7 Stretching exercise @10 Bowlers meet @ 12:15</div>	<div>8 Strength Training @10 MAP with Joy FMH Advance Directives</div>	<div>9 Stretching &amp; moving exercise Bridge @ 12 Pickle Ball 1-3</div>	<div>10 Strength Training @ 10 Word games &amp; trivia @ 11 Canasta @ 12</div>	<div>11 Stretching &amp; moving exercise@10 Canasta @ 12</div>	<div>12 Fridays Tia Chi @ 1pm in Gymnasium</div>
<div>13 Trip/ Friday Aug, 18<sup>th</sup> National Watch &amp;Clock Museum 8:45-4pm</div>	<div>14 Stretching exercise @10 Bowlers meet @ 12:15</div>	<div>15 Strength Training @10 Nurse Steve BPs. &amp; What do you mean? Mine my Mouth.</div>	<div>16 Stretching &amp; moving exercise Alert Frederick County 9-12 Pickle Ball 1-3</div>	<div>17 Strength Training @ 10 I&amp;A/ Elly 10-1 Canasta &amp; puzzles</div>	<div>18 Stretching &amp; moving exercise@10 Canasta @ 12</div>	<div>19</div>
<div>20 Groceries For Seniors @ FSC Aug. 4<sup>th</sup> 1pm</div>	<div>21 Stretching exercise @10 Bowlers meet @ 12:15 National Senior Citizen Day</div>	<div>22 Strength Training @ 10 cards, games &amp; puzzles</div>	<div>23 Stretching &amp; moving exercise Bridge @ 12 Pickle Ball 1-3</div>	<div>24 Strength Training @10 Cards(canasta) &amp; puzzles @ 12</div>	<div>25 Training for Staff CENTER CLOSED</div>	<div>26</div>
<div>27</div>	<div>28 Stretching exercise @10 Bowlers meet @ 12:15</div>	<div>29 Strength Training @ 10 End of Summer Picnic Food &amp; Games</div>	<div>30 Stretching &amp; moving exercise Pickle Ball 1-3</div>	<div>31 Strength Training @ 10 Cards(canasta) @12</div>	<div>I never think of the future, it comes soon enough. Albert Einstein</div> <div></div>	